



Rounding the corner

BY JESSICA ROHR



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EVIDENCE-BASED INTERIOR DESIGN PROPOSAL

Can interior design be leveraged to positively influence our mood and well being within the built environment?

The purpose of this research project is to study how interior design can nurture the needs of children who are in families that are suffering from the opioid crisis. This will help to foster an environment that will ultimately aid in their growth. This crisis is prevalent throughout the United States, causing roughly 130 deaths per day (National Institute on Drug Abuse, 2020). The struggle with opioids has been linked to the main reason for 36% of the 268,212 children being placed into foster care. Ohio specifically, has been listed as one of the six states that saw the largest increase in children entering foster care due to parental drug abuse ("Sepulveda, Kristin, and Sarah Catherine Williams). As the epidemic continues, the rates of children being placed into foster care continues to rise (Cass, 2017). Drug abuse is alarmingly present on the local level as well, showing a 227% increase in residents dying from drug overdoses in Franklin county. (Columbus and Franklin County Ohio, Drug Use Data Brief, 2016). Due to Franklinton's socioeconomic factors such as poverty and high crime rates, the Franklinton community faces an immense struggle with drug abuse.

The need for an environment in Franklinton that will not only make their children feel safe, but will also aid in their growth is pivotal in ensuring that they can build

a positive future. Secondary research including public health reports, medical studies, architectural and design studies as well as case study analyses will be used to investigate and collect information that will ultimately inform my interior design decisions to create a space for children in foster care affected by the opioid crisis. With that being said, can studies regarding the health benefits associated with biophilia and its numerous principles be leveraged to determine how to best design a spatial environment that will benefit the overall well-being of the children inhabiting the space? For example, studies regarding color psychology and the soothing effects of curves will be used to determine the best design approach for each room based on its specific function needed.

If these interior design elements implemented into the built environment can be used to positively influence the mood and well being of those inhabiting the spaces, then they can be leveraged to ultimately help aid in the effectiveness of the space as a whole. Therefore, the building, "Rounding the Corner" will be capable of providing the adolescents within Franklinton a solid foundation to focus on their physical, mental and social well being all-the-while educating them on the current opioid crisis.

SITE LOCATION

East Franklinton Engine House No. 6 (540 West Broad St.. Columbus, Ohio)

CONTEXT OF SITE LOCATION

1892 - 1966
Original Use: East Franklinton Engine House

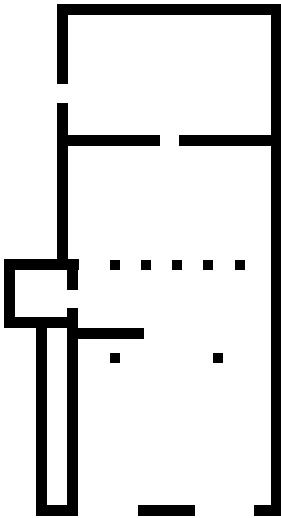
1975 - 2014
Secondary Use: Jimmy Rea Electronics

2014 - Present
Columbus Metropolitan Housing Authority (CMHA) acquires the building but it currently remains vacant (Weese, 2016).

Current Plans
Heritage Ohio Offices on the 2nd Floor & Restaurant/Retail on the Ground Floor

2020 Interior Design Proposal
A community center for Adolescents in the Foster Care system

The East Franklinton Engine House, otherwise known as Engine House No. 6, was constructed in 1892 by John Flynn D. Spencer & Sons. The building was constructed as load bearing masonry and yields 8,031 ft². It located in Franklinton, Ohio (United States Department of Interior National Park Service, 2016).

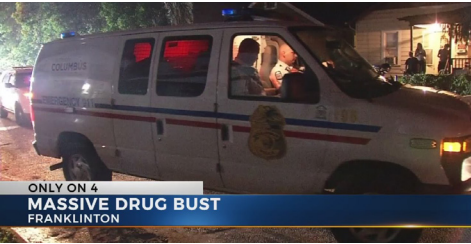
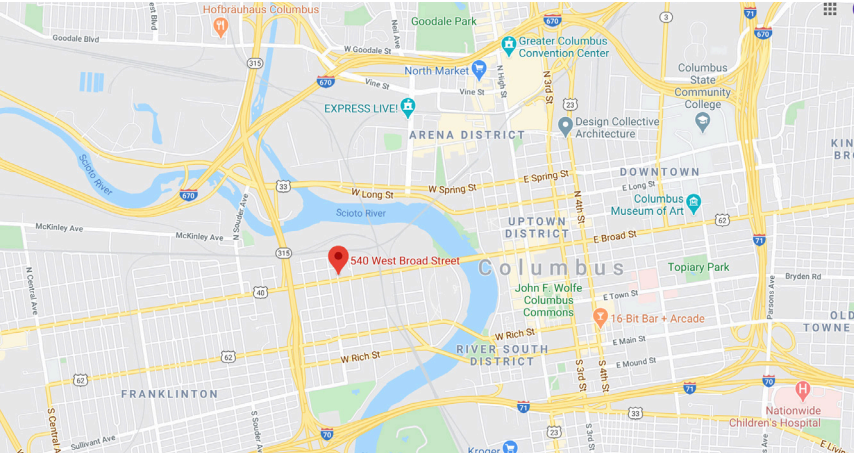


SITE DEMOGRAPHICS

Franklinton, Ohio

SITE LOCATION

Franklinton has a population of 15,844 people (Franklinton Demographics). Roughly 41% of families live at or below the poverty level (Cornerstone Management, 2013). It is commonly referred to as “The Bottoms” due to its positioning below the level of the Olentangy River and being “home to those at the bottom of the socio-economic ladder” (Tierney, 2014).



THE OPIOID CRISIS

The effects of the opioid crisis on foster care within the Franklinton Community

WHAT IS THE IMPACT?

“Opiates are drugs that slow down the activity of the nervous system, which decreases pain and effects breathing.” Some examples of opiates include Heroin, Percocet, Vicodin, Fentanyl, Codeine, morphine, etc. (Opiate Crisis Information).

While the Opioid Crisis is a national issue, claiming the lives of more than 130 people every day in the US due to opiate overdoses, (National Institute on Drug Abuse, 2020) the Franklinton community, and Ohio as a whole has been fighting an ongoing battle with opioid abuse as well. Opiate use within Columbus has risen within the past 5 years causing an increase of more than 70% of deaths by overdose in Franklin County (Opiate Crisis Information).

Due to the opioid crisis, the child-protection system in Ohio currently has around 14,000 children in custody (Viviano,

2016). This number is projected to rise to nearly 20,154 children in foster care by 2020 (Cass, 2017). The Administration for Children, Youth and Families reported 36% of children were removed from their home due to parental drug abuse (Children’s Bureau, 2018). Therefore, parental drug abuse accounts for roughly 1/3 of children being placed into the foster system (Price, Rita). Within Ohio specifically, around 70% of children in children protective services have parents who struggle with opioids (O’Grady, 2017). Furthermore, out of all of the kids who are still waiting to be adopted, more than 1,000 of them are teens (Ohio Foster Care and Adoption Guidelines).

Considering the effects of the opioid crisis are so prevalent, it is important to take preventative action to help the adolescents of Franklinton. If teens were to partake in drug abuse, they could cause social developmental problems as well as “compromise cognitive development” (Teen & Young Adult Drug Rehab) coinciding with mental health issues (“Principles of Drug Addiction Treatment”). On top of that, if they reside within a family that is struggling with addiction, they have a much greater chance to also struggle since addiction tends to run in families. (Teen & Young Adult Drug Rehab).

HOW CAN WE HELP?

Rounding the Corner will act as a space that will provide outlets for adolescents to cope with the struggles associated with foster care and the opioid crisis. The space will allow for adolescents to relax and freely express how they feel. They will learn coping and self-care skills through a variety of therapy outlets (Help for Children of Addicted Parents). These outlets will include private and group therapy, music therapy, art therapy, group fitness classes as well as an outdoor space to truly address their mental, physical and social well-being (A Conversation with Courtney Rohr: Licensed Independent Social Worker / Supervisor). Furthermore, community spaces such as a kitchen, lounge and game room will be implemented to allow for adolescents to relax and simply enjoy being a kid alongside other adolescents.



THE POSITIVE EFFECTS OF BIOPHILIA

Can principles of biophilia be used within the built environment to positively impact the mood and well being of those who inhabit the space?

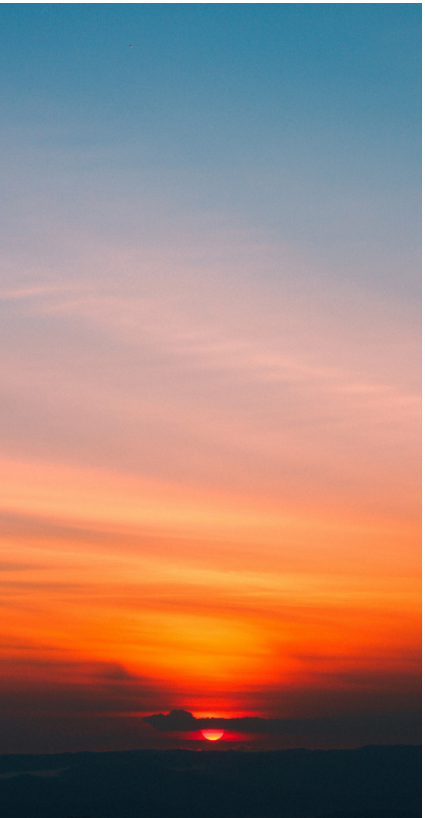
WHAT IS BIOPHILIA?



Biophilia is a form of design that leverages aspects of nature within the built environment to help, “reduce stress, enhance creativity and clarity of thought, improve our well-being and expedite healing” (Browning, 2014). The direct translation of biophilia is the “love of nature” (Clark, 2017). The use of nature and or subtle cues to nature have been proven to positively influence health and well-being. Roger Ulrich was the first person to actually measure the effects of views to nature on patients in hospitals in his 1984 study. This study was published in Science Magazine reporting that the patients who were located in rooms with views to nature healed at a faster rate and required fewer doses of medication than those who were placed in a room without a view to nature (Sternberg, 2009). This study helps to prove that nature does in fact have a healing quality and should be incorporated into the built environment to better impact those who inhabit the spaces built.

PRINCIPLES OF BIOPHILIA

1. Visual Connection with Nature
2. Non-Visual Connection with Nature (scent, smell, taste)
3. Non-Rhythmic Sensory Stimuli
4. Thermal & Airflow Variability
5. Presence of Water
6. Dynamic & Diffused Light
7. Connection with Natural Systems
8. Biomorphic Forms & Patterns (Representations of Nature)
9. Material Connection with Nature
10. Complexity & Order
11. Prospect
12. Refuge
13. Mystery
14. Risk/Peril




SPECIFIC RESEARCH QUESTIONS

Can principles of biophilia be used within the built environment to positively impact the mood and well being of those who inhabit the space?


SPECIFIC RESEARCH QUESTIONS

- A.


Can **views to the outdoors and interior plants** be used to positively impact the mood and well being of those who inhabit the space acting as a direct visual connection with nature? (1)


- B.


Can **lighting** be used to positively impact the mood and well being of those who inhabit the space acting as a direct connection to the principle of dynamic and diffused light? (6)


- C.

Can **curves** be used within the built environment to positively impact the mood of those who inhabit the space acting as a connection to natural biomorphic forms? (8)


- D.

Can **color psychology** be used within the built environment to positively impact the mood of those who inhabit the space acting as a material connection to nature? (9)



THE POSITIVE EFFECTS OF LIGHTING

The positive effects of lighting on mood and well being

WHAT IS HEALING ARCHITECTURE?

On average, people spend roughly 90% of their lives within buildings (Aripin, 2006). With that being said, it is vital that the buildings in which they spend their time are aiding in their health and well being. This brings about the idea of “Healing Architecture.” This is a form of architecture that is specifically designed to aid in the process of healing; both physically and mentally (Aripin, 2006). Studies on hospital designs have undoubtedly shown the benefits of healing architecture. The addition of large windows, skylights, clerestory windows and atrias are one example of how hospitals can act as a form of healing architecture bringing in an ample amount of natural light.

Natural light has been proven to be essential to our health and well-being. Not only does it effect our circadian rhythm, but it also effects our hormones, metabolic functions and immune system (Aripin, 2006) (Sternberg, 2009). In fact, lack of daylight has been linked to sadness, fatigue, and mood disorders such



as Seasonal Affective Disorder, which is commonly referred to as S.A.D. (Aripin, 2006).

A specific example of a form of healing architecture was constructed in 1929 by Alvar Aalto. Aalto designed a tuberculosis sanatorium where “light-filled rooms” were the focus of the design due to the healing effects of natural light (Sternberg, 2009). Additional studies have proven that patients who are placed in rooms with large amounts of bright natural light, as opposed to rooms with low light exhibited an improved mood and a faster rate of healing in conjunction with a shorter hospital stay (Sternberg, 2009). Considering the correlation between natural light and our health and well-being, it is essential to incorporate daylight within interior spaces whenever possible to positively influence the mood of those inhabiting the space.

CURVILINEAR FORMS

The calming effects of curves

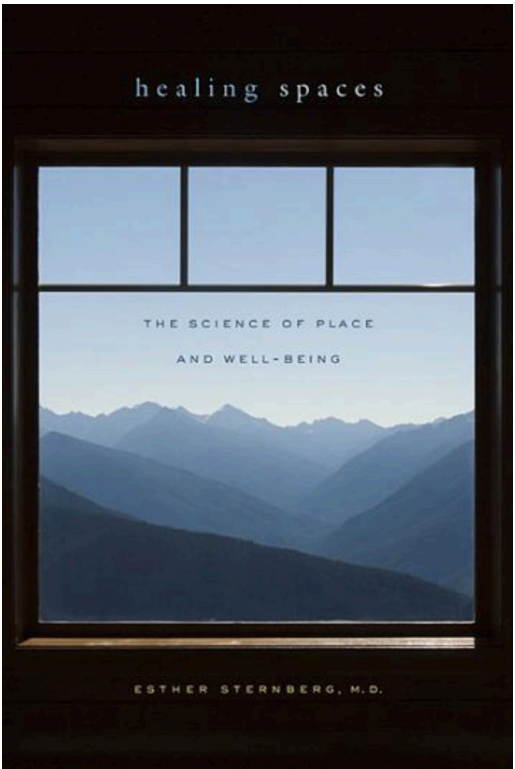
WHY ARE CURVES CALMING?

Throughout a variety of research studies conducted, it appears that our brains have associated the visual of curves as signifying, “a lack of threat” (Jaffe, 2013). Studies involving brain scans visually displayed that the amygdala became more activated when a participant viewed a rectilinear object as opposed to a curved. Within the book, Neuropsychologia, this study was done by showing participants everyday objects such as a rectilinear sofa versus a curvilinear sofa. Within this study, the amygdala continued to display a higher level of activation when viewing the rectilinear object as opposed to the curved. (Moshe, 2007). Since the amygdala is the area in which the brain processes fear, this suggests that rectilinear forms present a form of danger, whereas curves do the opposite (Magagula, 2018).



THE CALMING EFFECTS OF LABYRINTHS

Within the book Healing Spaces, by Esther Sternberg, the soothing effects of curves are presented in the form of a labyrinth. A labyrinth is simply a “winding path” that tends to be very calming (Sternberg, 2009). This calming effect is due to the fact that the curved path causes you to truly focus on your steps as opposed to everything that is surrounding you. This enhanced focus ultimately helps to reduce stress (Browning, 2014). This is true because while you are focused on your footsteps, you tend to match your breathing with the pace of your steps. By doing so, the rate of your breathing is slowed down. This form of slow breathing has been proven to be therapeutic, which in return, relieves stress (Sternberg, 2009). Therefore, by walking along a curvilinear labyrinth, it is highly likely to feel soothed which helps to further support the claim that curves can produce a soothing effect.



COLOR PSYCHOLOGY

How color can influence emotional responses

WHAT IS COLOR PSYCHOLOGY?

Color psychology is the study of how our brains perceive color which can be linked to our feelings and emotions (Przybyla, 2016). While emotional responses of colors can vary based on culture, geographic location, personal experiences, genders and the context where the color is placed (Cuykendall, Shannon et al) (Color Theory), there are certain qualities of color that can convey universal meanings (Przybyla, 2016).

For example, green is found all throughout nature (Sternberg, 2009). Nature is where humans used to live long before we started to build houses as we know them today. Due to this correlation, green is often associated with feeling of safety. (Sternberg, 2009). Furthermore, a variety of studies have been conducted to test the relationship between color and emotion. For instance, in New York City, March of 2006, a study was conducted at the Architectural Digest Home Design Show (Sternberg, 2009). Three identical white show rooms were lit with colored



light. One with red, one with blue, and one with green. As participants walked in and out of the spaces, a variety of factors such as noise level, interactions, and heart rate, were monitored. Afterwards, participants answered questions regarding their moods and emotions experienced within each space. The results showed commonalities among the participants results. The Blue Room proved to be calming, with less groups of people, whereas the Red and Yellow Rooms proved to be stimulating, recording larger groups exuding more energy at a higher noise level. However, no difference in heart rate was detected (Sternberg, 2009).

While the reason behind our emotions corresponding with color is not entirely understood yet, it is clear that there is a connection present. Therefore, Interior Designers can use color psychology to logically make color decisions for their spaces that will help to enhance the overall mood that is desired (Color Theory). Cultural, geographic, and gender associations should all be taken into account when looking at the specific target audience for the space.

WESTERN COLOR ASSOCIATIONS

1. Pink	Compassionate, Encourages Creativity, Energetic, Fascinates, Motivating, Playful
2. Orange	Adventurous, Cheerful, Confident, Creativity, Fun, Optimistic, Stimulating, Unity, Youthful
3. Yellow	Alertness, Energizing, Enthusiasm, Happiness, Optimism, Positivity, Uplifting, Warmth, Youthful
4. Green	Balance, Encouraging, Growth, Healthy, Peaceful, Refreshing, Relaxing, Revitalizing
5. Blue	Calming, Loyal, Relaxing, Reliable, Responsible, Secure, Trusting (Avoleoo, 2014) (Soegaard, Mads).



CASE STUDIES

A community based counseling center designed for adolescents in foster care

MAGGIE'S CENTRE BARTS - Spatial Organization, Curves, Colored Light, Natural Light, Pops of Color

TRILLIUM FAMILY SERVICES - Flexible Design, Connection to Nature, Pops of Color

TRINITY HILL YOUTH ACCOMMODATION AND TRAINING - Pops of Color

NATIONWIDE CHILDREN'S HOSPITAL - Natural Light, Pops of Color

VEJLE PSYCHIATRIC HOSPITAL - Healing Architecture, Natural Light, Biophilia, Pops of Color

MAGGIE'S CENTRE BARTS

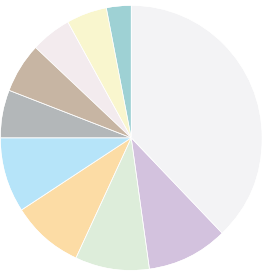
A healthcare center that provides free practical, social, and emotional support for people with cancer (Langer, Catherine) (Holl, Steven) (Maggie's Centre Barts, 2017) ("30 Steven Holl Architects").

ARCHITECT/DESIGNER: Steven Holl

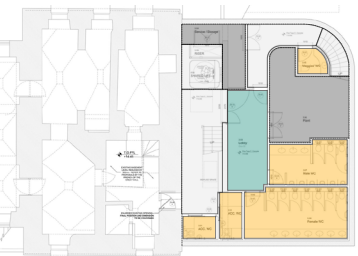
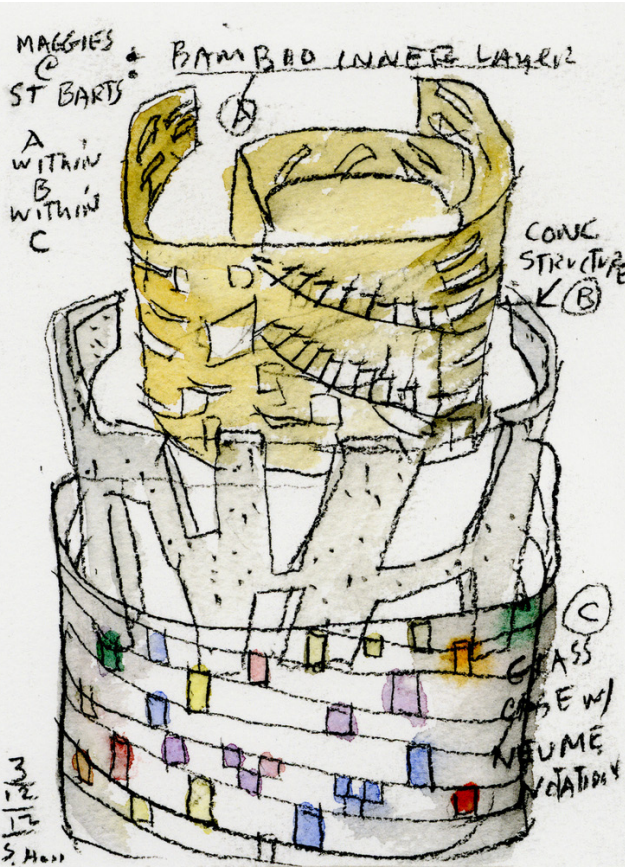
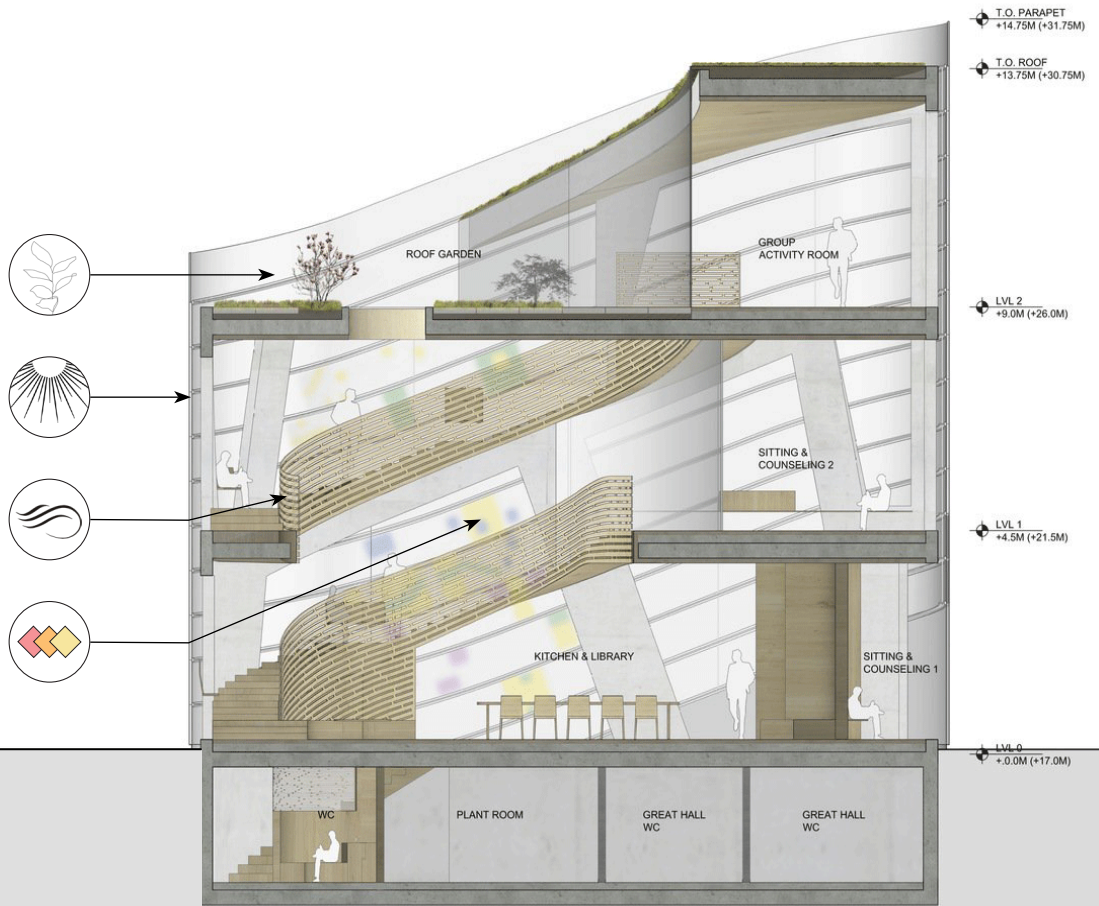
LOCATION: London, UK

YEAR: 2017

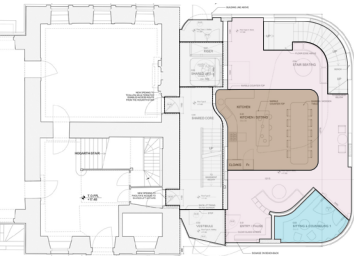
SQUARE FOOTAGE: 6,534



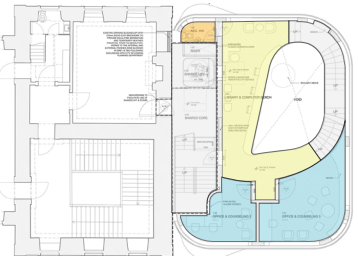
- Circulation (38%)
- Group Activities (10%)
- Terrace (9%)
- Restrooms (9%)
- Counseling (9%)
- Storage / Mechanical (6%)
- Kitchen (6%)
- Open Seating (5%)
- Library (5%)
- Lobby (3%)



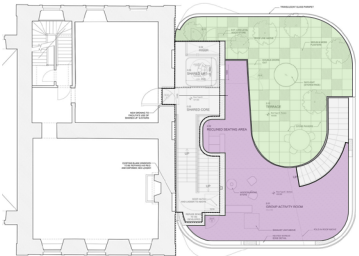
Floor 0



Floor 1



Floor 2



Floor 3

TRILLIUM FAMILY SERVICES

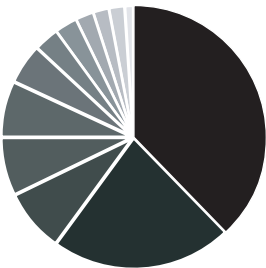
A behavioral and mental health center for teens 12-17 years old. ("Trillium Secure Adolescent Inpatient Facility...", 2017).

ARCHITECT/DESIGNER: TVA

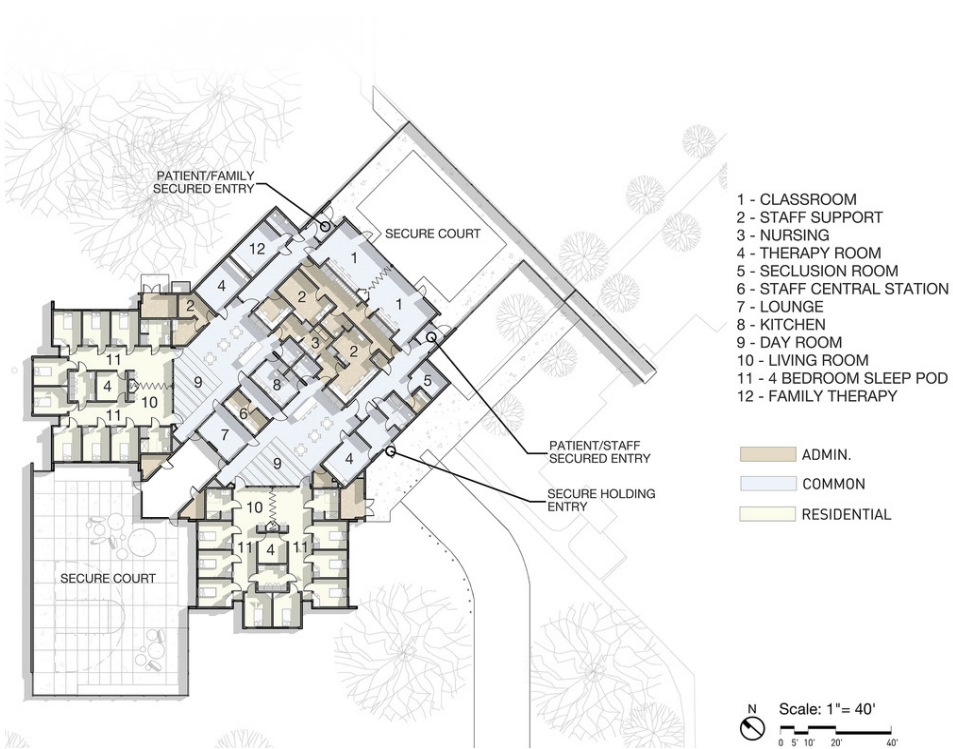
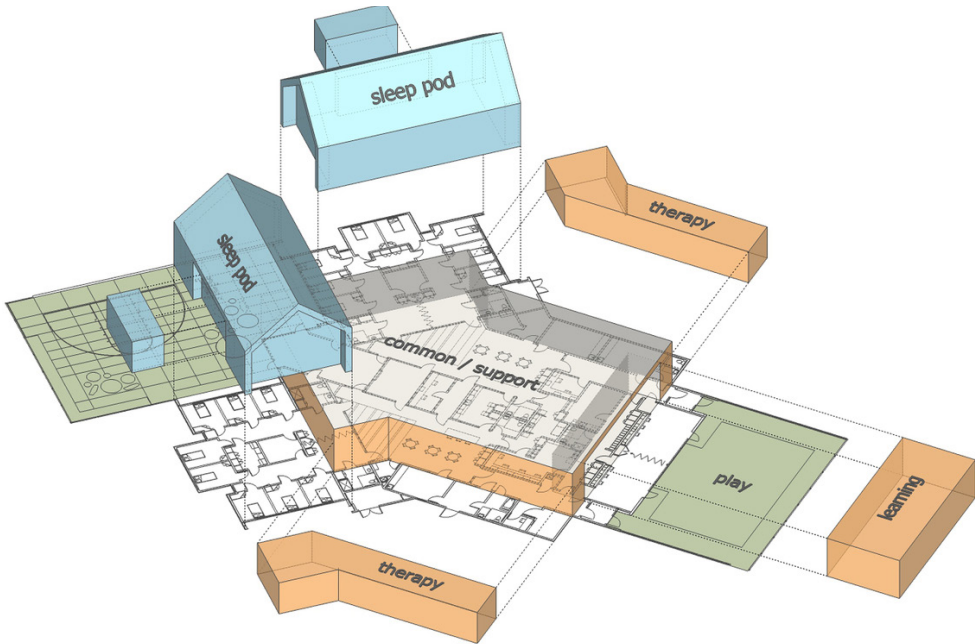
LOCATION: Oregon, USA

YEAR: 2015

SQUARE FOOTAGE: 13,000



- 4 Bedroom Sleep Pod (38%)
- Day Room (22%)
- Living Room (8%)
- Therapy Room (7%)
- Classroom (7%)
- Staff Support (5%)
- Nursing (3%)
- Lounge (3%)
- Family Therapy (2%)
- Staff Central Station (2%)
- Kitchen (2%)
- Seclusion Room (1%)



TRINITY HILL YOUTH ACCOMMODATION/

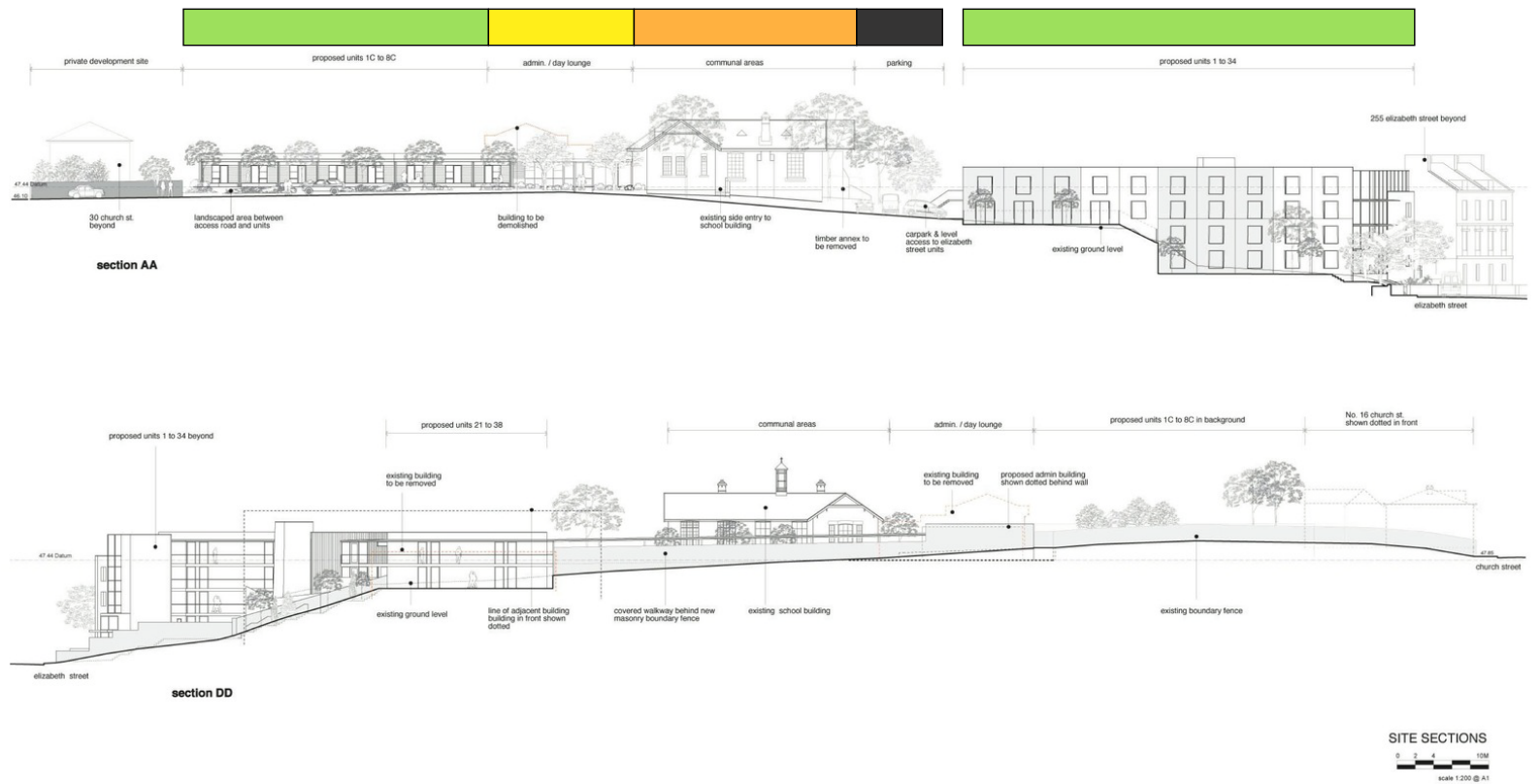
A housing facility for youth who are homeless/ at risk, or have a permanent disability. ("The Trinity Hill Youth...", 2016).

ARCHITECT/DESIGNER: Carrol & Cockburn, HBV Architects

LOCATION: N. Hobart, Australia

YEAR: 2015

SQUARE FOOTAGE: 37,674



NATIONWIDE CHILDREN'S HOSPITAL

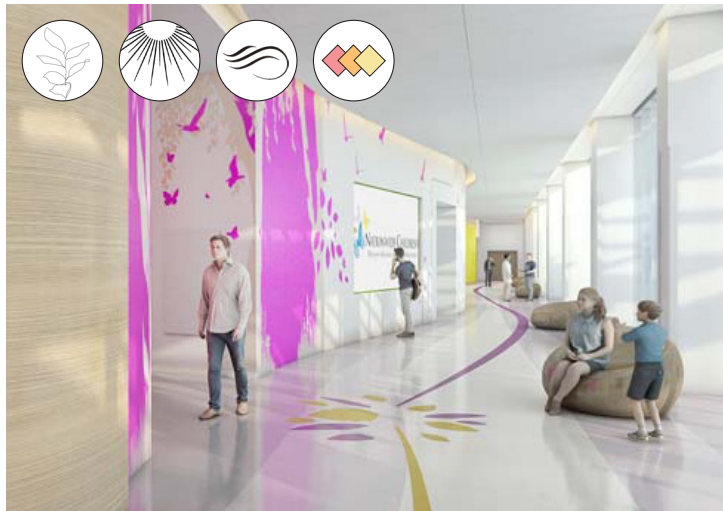
A full service psychiatric facility for children and adolescents. (DiNardo, 2017)

ARCHITECT/DESIGNER: NBBJ

LOCATION: Columbus, Ohio, USA

YEAR: 2020

SQUARE FOOTAGE: 386,000



VEJLE PSYCHIATRIC HOSPITAL

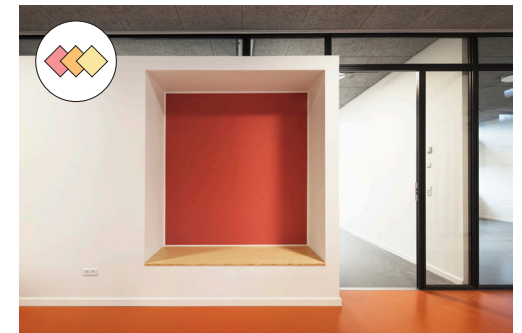
A mental health hospital known for its "healing architecture" ("Vejle Psychiatric Hospital...", 2018).

ARCHITECT/DESIGNER: Arkitema Architects

LOCATION: Nordbanen, Denmark

YEAR: 2017

SQUARE FOOTAGE: 18,296





USERS

A variety of people from different backgrounds will use the building

ADOLESCENTS IN FOSTER CARE

COMMUNITY MEMBERS

SOCIAL WORKERS

THERAPISTS

ADOLESCENTS IN FOSTER CARE

Adolescents in foster care are looking for a safe space to improve their overall wellbeing

WHAT IS THEIR ROLE

Adolescents in foster care face a variety of struggles. Feelings of aggressiveness, defiance, depression, impulsiveness, and low self esteem can all stem from the trauma they have endured throughout their adolescence. With this in mind, “Rounding the Corner” can be used to positively influence their behavior and improve their physical, mental and social well-being. (Ohio Adoption Guide)

CHARACTERISTICS

Hopeful - Looking towards a positive future

Unique - Will follow their own individual path

Youthful - Currently in their adolescent years



COMMUNITY MEMBERS

Community members can purchase a membership to use the spaces within the building while the kids are at school.

WHAT IS THEIR ROLE

The membership fee that community members pay will help to make the programs available to the adolescents for free anytime they wish to access them. This helps to create a steady flow of people in and out of the building throughout the day. Community bingo, exercise classes, as well as guest speakers are just a few examples of community events that are available.

CHARACTERISTICS

Active - Participate in group classes

Connected - Support the kids

Engaged - Interested in community events



SOCIAL WORKERS

Social workers provide a support system for adolescents in foster care.

WHAT IS THEIR ROLE

Social workers ensure the child has the services, protection, and care they need. If needed, they will work with therapists to provide the child with mental health care. If they determine that the current residence is inadequate for the child, they will place them in kinship care, a foster family, or a safe home. After foster care, arrangements will be made for the child's permanent care. (Children's Bureau, 2013)

CHARACTERISTICS

Diligent - Work hard to ensure the child's safety

Empathetic - Understanding of the child's trauma

Informative - Informs the family of their options



THERAPISTS

Therapists will provide a mental support system for adolescents in need

WHAT IS THEIR ROLE

Therapists allow for an open dialogue with the adolescents. This helps for the kids to feel heard as well as provide them with any coping mechanisms that they may need. The therapy outlets provided within the building consist of art therapy, music therapy, private therapy and group therapy.

CHARACTERISTICS

Sincere - Genuinely want to help

Supportive - Provide any advice they can

Thoughtful - Careful with their words





CURVILINEAR



LIGHT



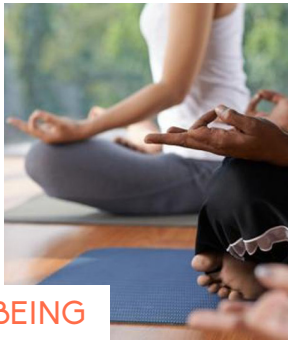
BIOPHILIA



WAYFINDING



WELL-BEING



CREATIVE



GRAPHIC



FLEXIBLE

VISUAL INSPIRATION

A community based counseling center designed for adolescents in foster care

ESSENCE

Providing support for the betterment of adolescents within foster care

BRAND

Supportive
Inclusive

PLACE

Multi-functional
Flexible
Safe
Colorful
Curvilinear
Bright

EXPERIENCE

Positive
Inspiring
Uplifting
Welcoming



PROGRAMMING

A community based counseling center designed for adolescents in foster care

ADJACENCY DIAGRAM

CRITERIA MATRIX

BUILDING PARTI

BUBBLE DIAGRAMS

Analysis of building structure



A community based counseling center designed for adolescents in foster care

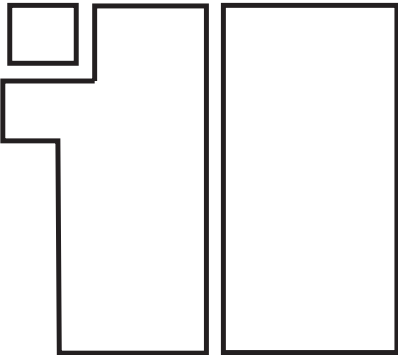
- Immediately
- * Important Adjacency
- Reasonably Convenient
- x Unimportant
- Remote

BUILDING PARTI

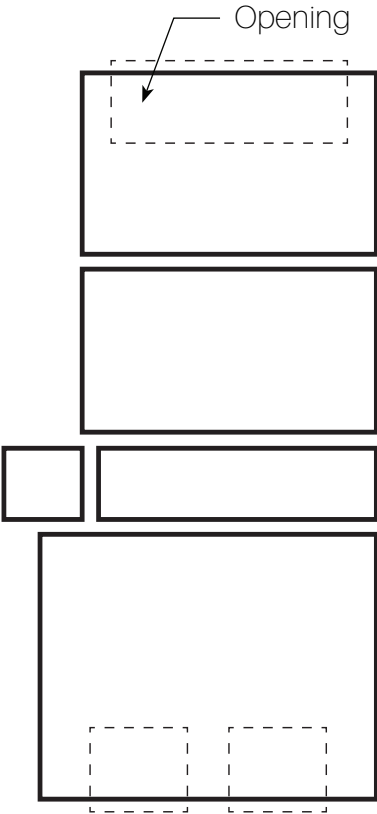
Analysis of existing building structure

RECTILINEAR FORM

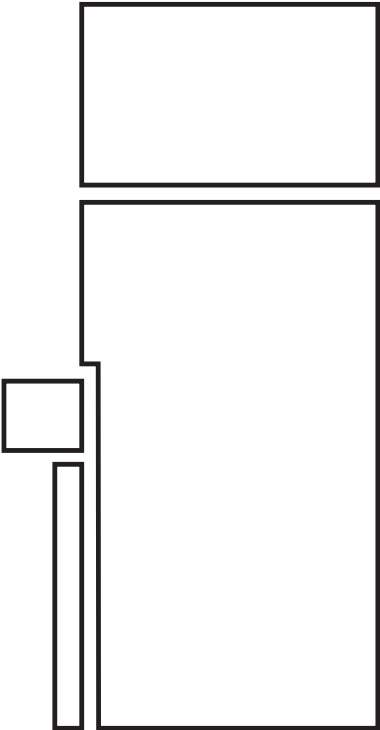
The existing structure of the building consists of rectilinear geometry throughout. Due to the evidence of curves benefitting users within a spatial environment, curvilinear walls are implemented throughout.



Basement



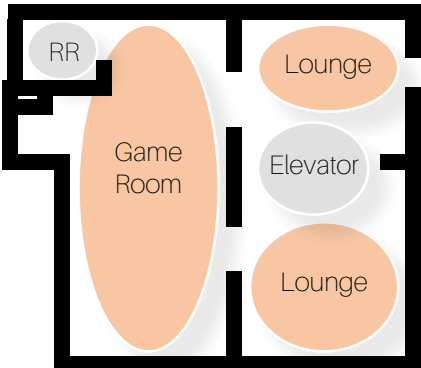
Floor 1



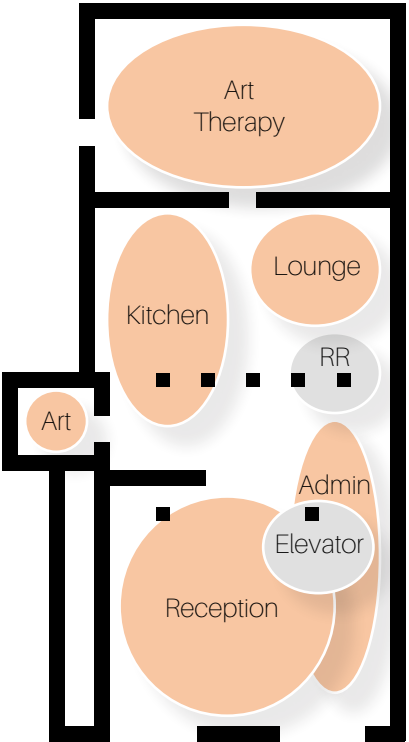
Floor 2

BUBBLE DIAGRAMS

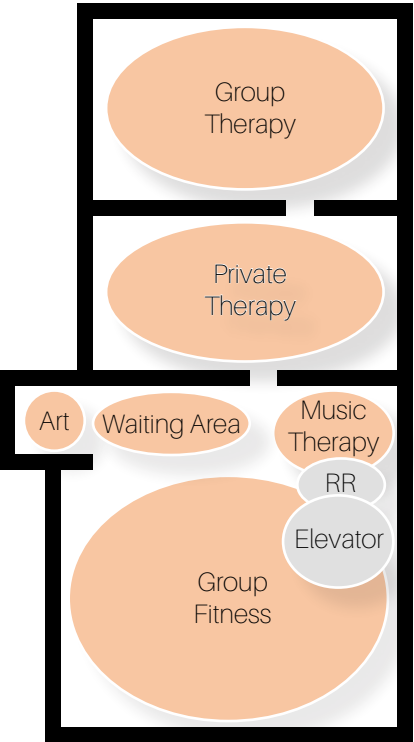
Programmatic Adjacencies



Basement



Floor 1



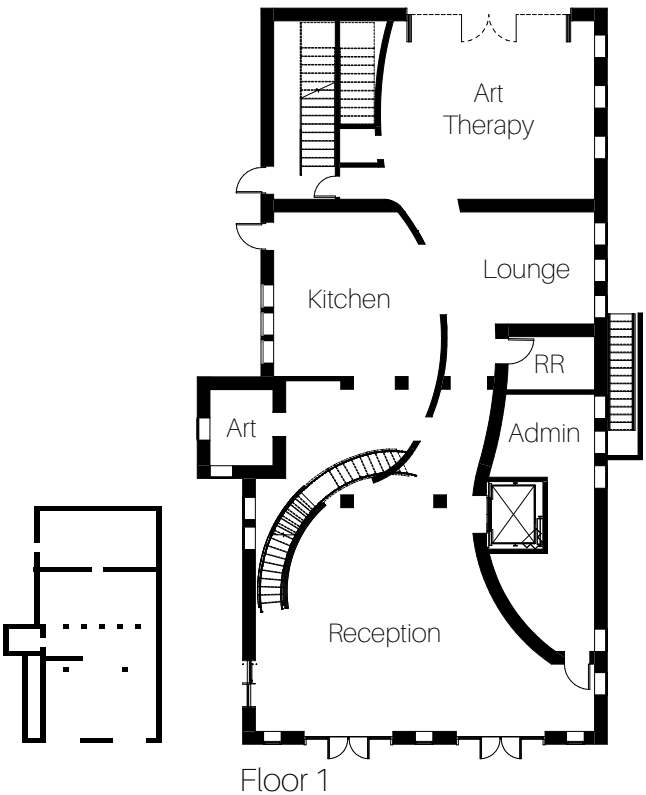
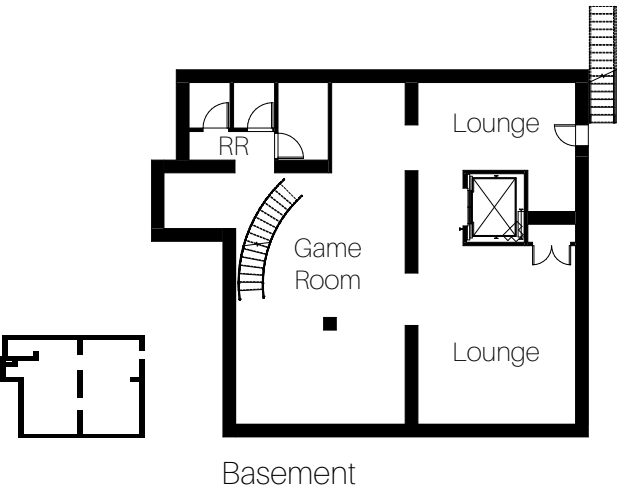
Floor 2

ARCHITECTURAL FLOOR PLANS

Spatial organization with partition walls

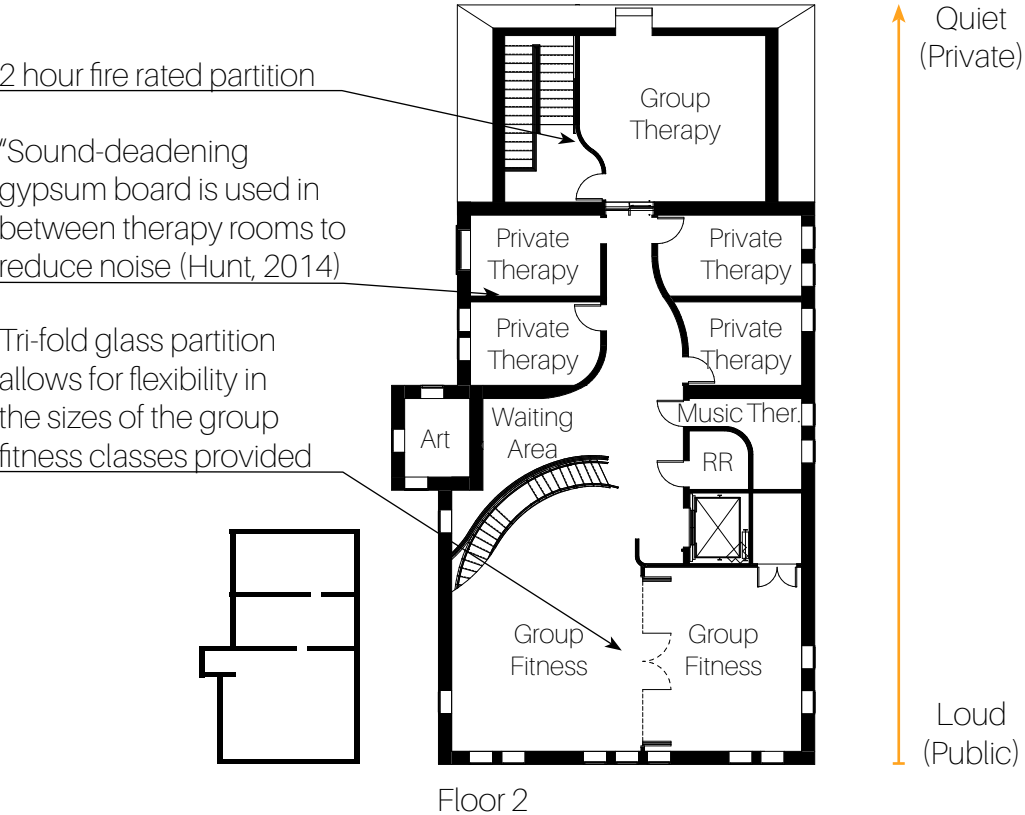
BASEMENT & FIRST FLOOR ENTRANCES

The first floor main entry exists within the new storefront window system. This opening used to hold the fire stations garage doors which are not suitable as a primary entrance due to Ohio’s inclement weather. Furthermore, although the basement can be entered from the first floor, there is an additional pre-existing entrance on the side of the building that be accessed from outside.



SECOND FLOOR: LOUD TO QUIET

The rooms on the second floor are arranged from loud to quiet which corresponds with a scale from public to private. The group fitness space, as well as the waiting area are located towards the front of the building, closer to the main stairwell and elevator. These spaces are public, allowing for a higher level of noise and energy. On the other hand, the therapy spaces are located towards the back of the building, allowing for a lower noise level and more privacy. Ultimately, this helps for the participants to focus and relax, knowing that their session is confidential.





FURNITURE, FIXTURES, AND EQUIPMENT

Finalized layout with material applications

SECTION AND AXONOMETRIC

FURNITURE PLANS

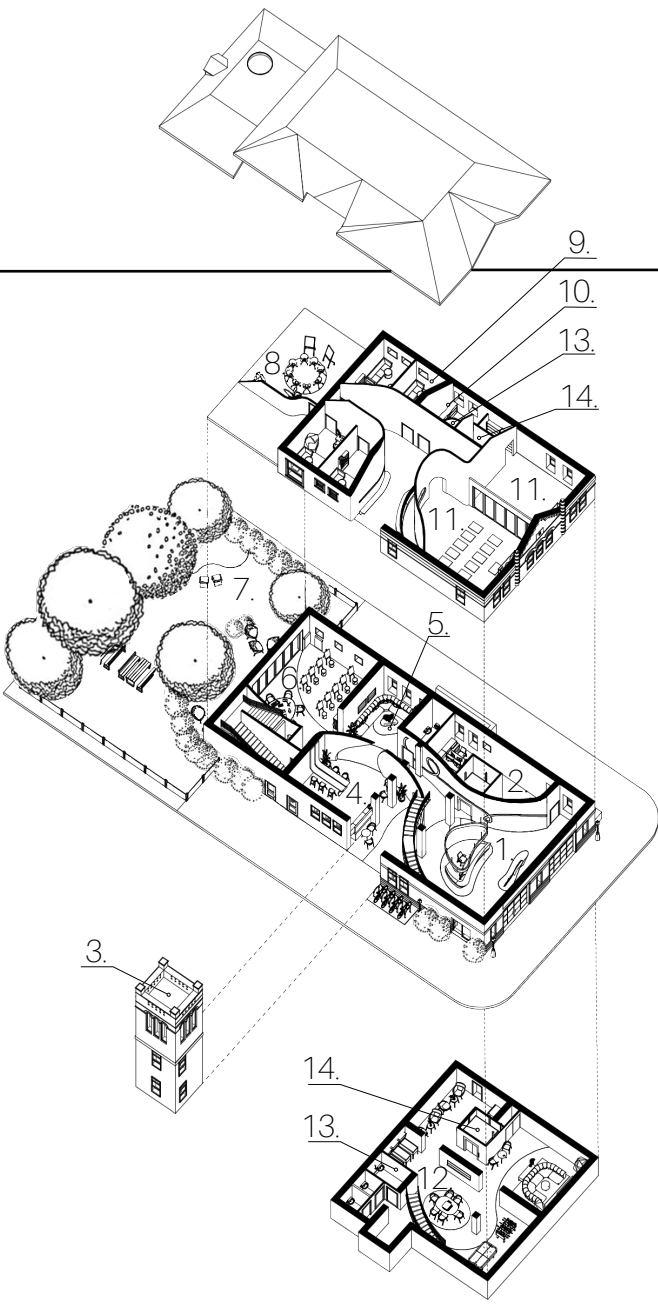
FINAL RENDERS

SECTION AND AXONOMETRIC



ROOM KEY

- 1. Reception
- 2. Admin
- 3. Art Installation
- 4. Community Kitchen
- 5. Lounge
- 6. Art Therapy
- 7. Outdoor Patio
- 8. Group Therapy
- 9. Private Therapy
- 10. Music Therapy
- 11. Group Fitness
- 12. Game Room
- 13. Restroom
- 14. Elevator

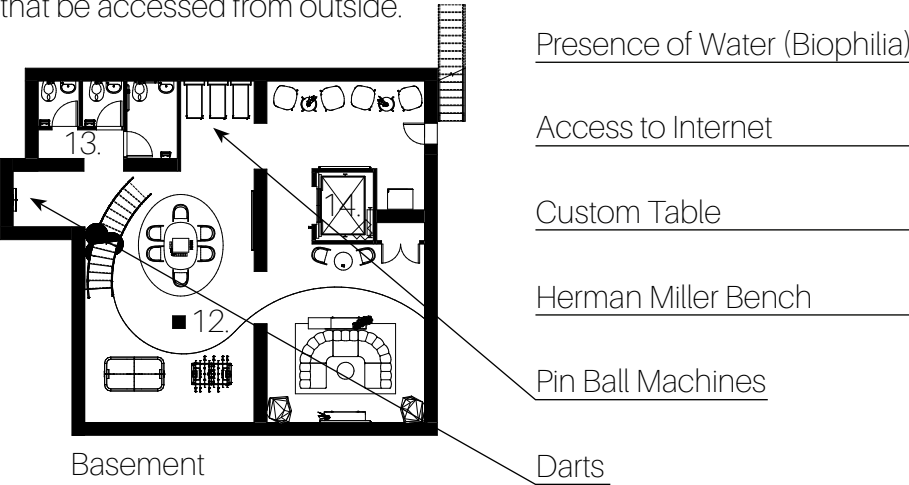


FURNITURE PLANS

Spatial organization with partition walls and furniture

BASEMENT & FIRST FLOOR FURNITURE

The first floor main entry exists within the new storefront window system. This opening used to hold the fire stations garage doors which are not suitable as a primary entrance due to Ohio’s inclement weather. Furthermore, although the basement can be entered from the first floor, there is an additional pre-existing entrance on the side of the building that be accessed from outside.



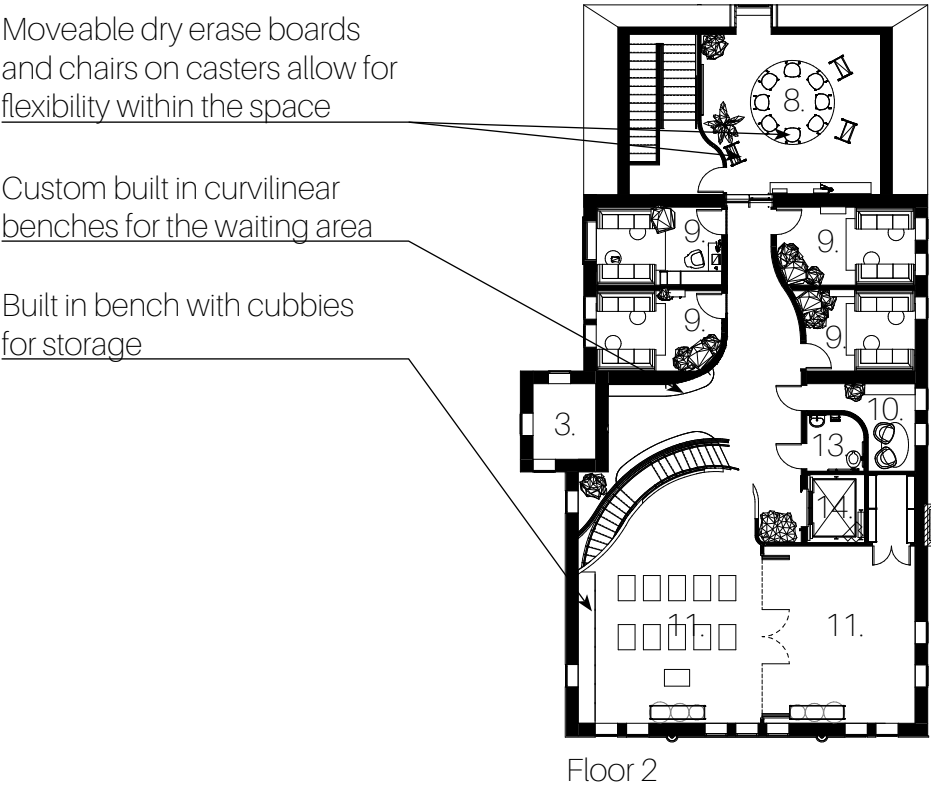
SECOND FLOOR FURNITURE

The rooms on the second floor are arranged from loud to quiet which corresponds with a scale from public to private. The group fitness space, as well as the waiting area are located towards the front of the building, closer to the main stairwell and elevator. These spaces are public, allowing for a higher level of noise and energy. On the other hand, the therapy spaces are located towards the back of the building, allowing for a lower noise level and more privacy. Ultimately, this helps for the participants to focus and relax, knowing that their session is confidential.

Moveable dry erase boards and chairs on casters allow for flexibility within the space

Custom built in curvilinear benches for the waiting area

Built in bench with cubbies for storage



RECEPTION

Located on the first floor at the main entry on the south facade

PURPOSE OF SPACE

The reception is used as the main check-in area for all users. This includes checking in for all therapy sessions, fitness classes, and community events. After checking in, the receptionist will direct you where you need to go.

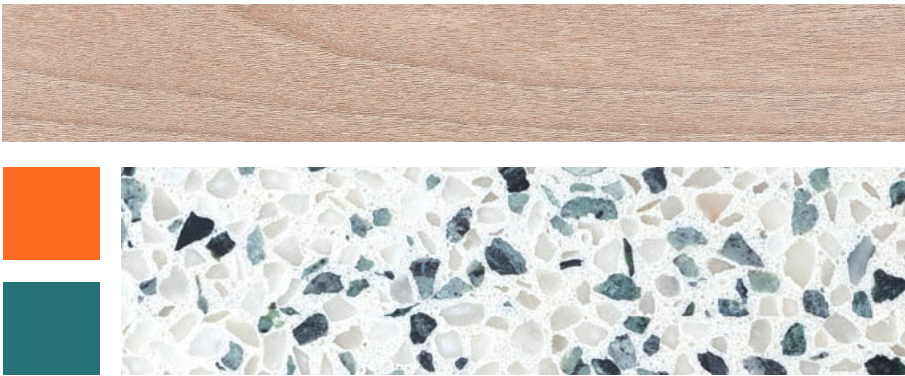
COLOR APPLICATION



Pops of orange were implemented for its energetic quality and the ability to attract a users attention to the front desk. Additionally, the color orange is known for its association with youthfulness (Soegaard, Mads). Considering the target audience is adolescents, this color should be appealing to them . Lastly, pops of teal were implemented to nod to idea that this building provides a variety of calming therapy outlets.

MATERIALS & CURVILINEAR FORMS

The blonde wood acts as an organic material chosen based on the healing effects of biophilia. It is being used as a means of way-finding throughout the first floor. As its path winds through the first floor, it acts as an abstract winding path of a labyrinth which has been said to produce calming effects (Sternberg, 2009). Furthermore, due to the studies proving that curves can produce soothing effects, curvilinear forms have been implemented throughout the logo, wall decals, reception desk, light fixture, ceiling element, floor finish, stairs, and walls themselves.



Pops of plants were implemented to bring in physical elements of biophilia due to their healing qualities. Additionally, the large storefront entrance allows for ample natural light.



The curvilinear path on the wall acts as a subtle reminder that everyone’s journey is unique featuring its own twists and turns. It is okay and almost expected to have a non-linear journey when going through the process of healing or improving yourself, wether that be physically, mentally, or socially.



COMMUNITY KITCHEN

Located on the first floor behind the reception

PURPOSE OF SPACE

The community kitchen is used as a public gathering space for all users to congregate as they please. The community lounge is an extension of the community kitchen and can be used as a waiting area for the art therapy space.

COLOR APPLICATION



The pops of teal were continued throughout the kitchen and lounge for its calming qualities. The color green was implemented specifically into the kitchen for its associations with being refreshing and healthy. Lastly, subtle pops of orange in correspondence with were with curvilinear forms within the wall graphics were used to continue to exude a youthful energy throughout the space.

COMMUNITY LOUNGE



ART THERAPY

Located on the first floor at the end of the hall, past the community lounge

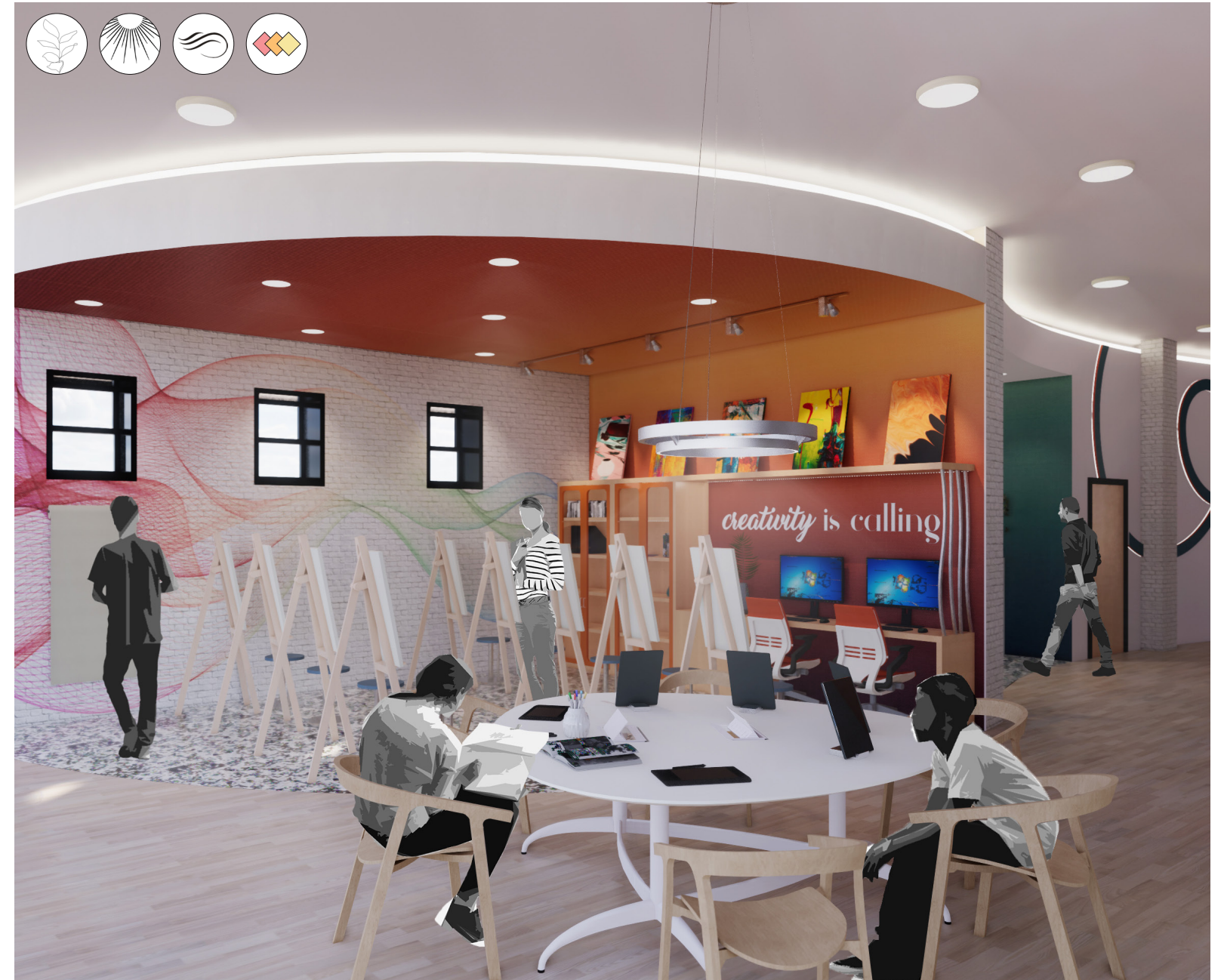
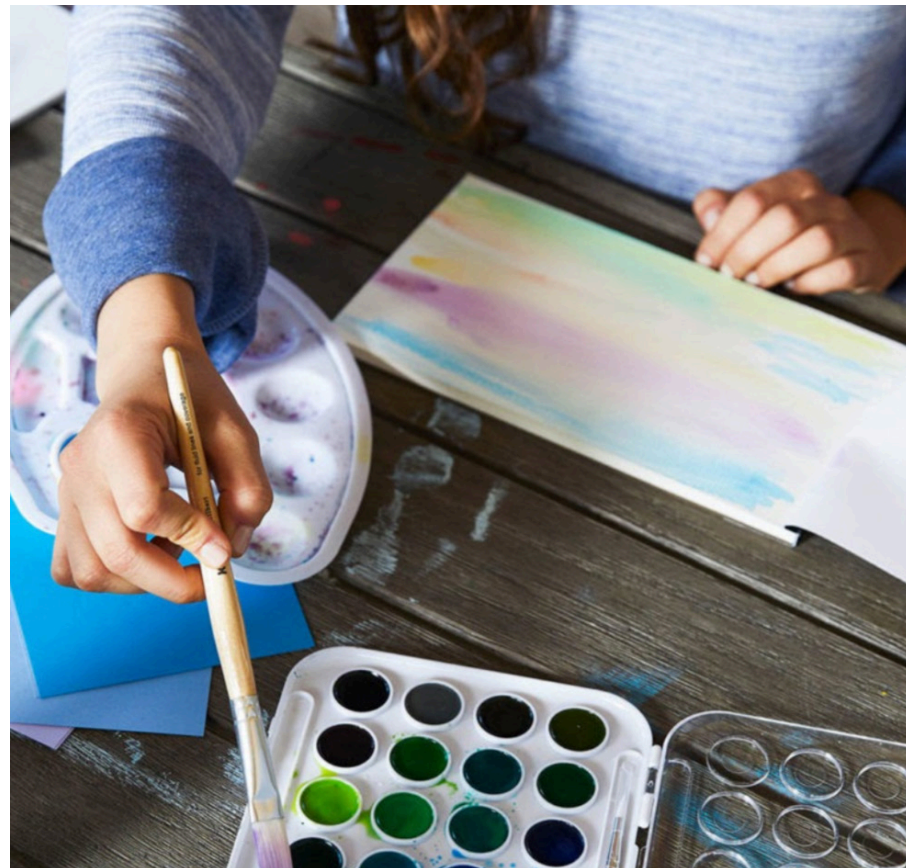
PURPOSE OF SPACE

The process of being creative and producing art can be therapeutic (Pennsylvania Addiction Treatment). In fact, many case studies feature art therapy as a listed form of treatment including the accredited Newport Academy Teen Rehab and Mental Health Center (Monroe, 2019).

COLOR APPLICATION



In order to inspire the users to be creative, the colors orange and pink were used for their ability to encourage creativity (Avoleoo, 2014).



WAITING AREA

Located on the second floor immediately off of the main stairs

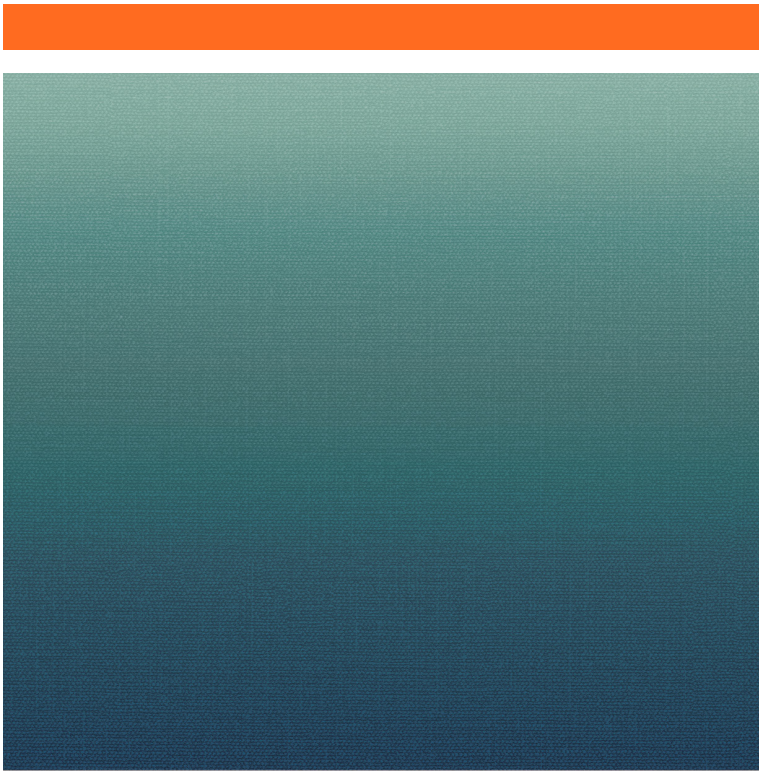
PURPOSE OF SPACE

The waiting area is a public space where the users can sit while waiting for their group fitness class or therapy session. At the end of the waiting area is a cut out in the wall that looks out to a hanging art installation within the tower. This installation adds a touch of whimsy to the space, all-the-while drawing attention to the tower of the building which was historically used to dry the fire hoses (US Dept. of the Interior Nat. Park Service, 2016).

COLOR APPLICATION



The waiting area features the buildings 2 main colors; orange and teal. The teal wall covering leads to the therapy spaces; signifying a calming color, whereas the orange is used within the fitness space to represent a more stimulating and energized environment (Avoleoo, 2014).



The curvilinear form applied to the curved wall represents an extension of the curvilinear form applied to the curved wall on the first floor. The meaning of this form remains the same; representing the fact that everyone's journey is unique featuring its own twists and turns. It is okay and almost expected to have a non-linear journey when going through the process of healing or improving yourself, wether that be physically, mentally, or socially.



GROUP FITNESS

Located on the second floor off of the stairs to the right

PURPOSE OF SPACE

The group fitness space provides a variety of high and low intensity group fitness classes. Not only does this benefit the kids health and well-being, but it also acts as a fun social environment for them to meet other kids their age within the building.

COLOR APPLICATION



The color orange was heavily implemented due to its cheerful and stimulating qualities (Soegaard, Mads). Often times exercise can seem taunting, so by using the color orange which is also associated with the idea of “fun” helps to make this space feel a little more approachable for the users (Avoleoo, 2014).

CLASS SCHEDULE (PARTIAL)

Start Time		Time Blocks		Multi-Purpose Room Daily Schedule						
6:00 AM		30m		Fall 2019						
				7:30AM - 3:00PM (School Day)						
Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
6:00 AM		Strength Training		Cardio Barbell		Strength Training				
6:30 AM	Yoga		Yoga		Yoga					
7:00 AM							Meditation			
7:30 AM	Staff Meeting	Stretch & Recovery	Strength Training	Stretch & Recovery	Strength Training	Aerial Yoga				
8:00 AM							Sunrise Yoga			
8:30 AM		Mindfulness		Mindfulness						
9:00 AM	Meditation		Meditation		Meditation	Acro Class				
9:30 AM		Barre		Barre			Mindfulness			



MUSIC THERAPY

Located on the second floor directly in front of the waiting area

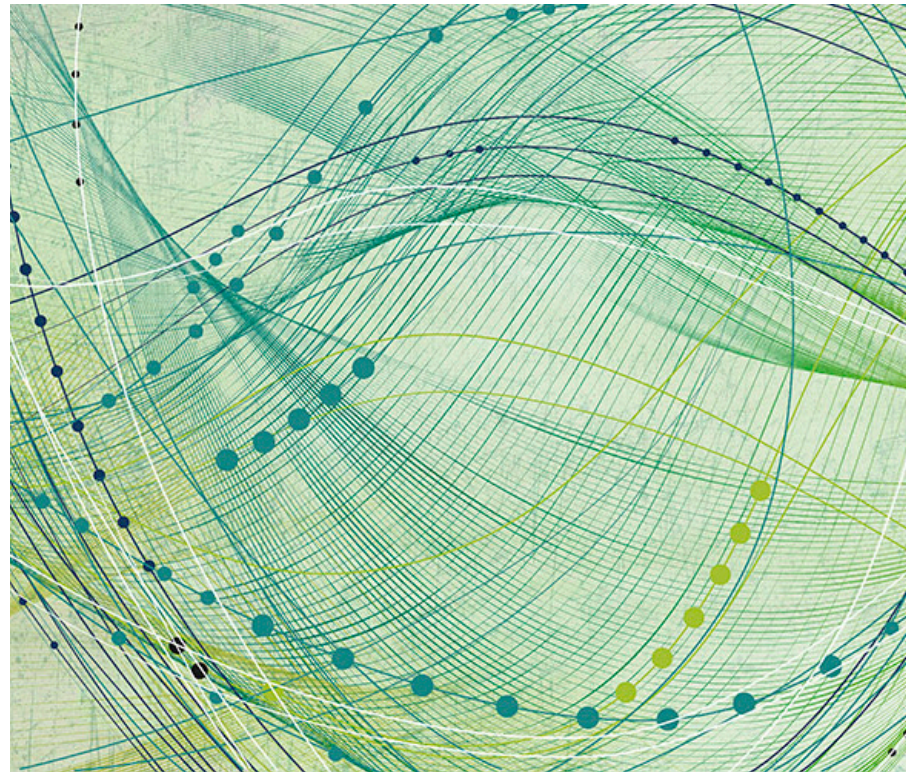
PURPOSE OF SPACE

The music therapy space was designed to be a space of refuge where an individual could spend time with their therapist or social worker focusing on relaxing through the use of music. It has been proven that music, "can positively affect mental health, boost the immune system, alleviate stress, reduce anxiety, and improve mood" (Monroe, 2019).

COLOR APPLICATION



In order to produce a calming environment that will act as a space of refuge, the color green was leveraged for its association with safety and balance (Avoleoo, 2014). Additionally, due to having 2 prominent windows with the small space, the color green pulled from the trees seen outside.



PRIVATE THERAPY

Located on the second floor right behind the reception

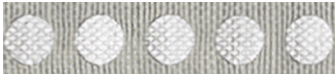
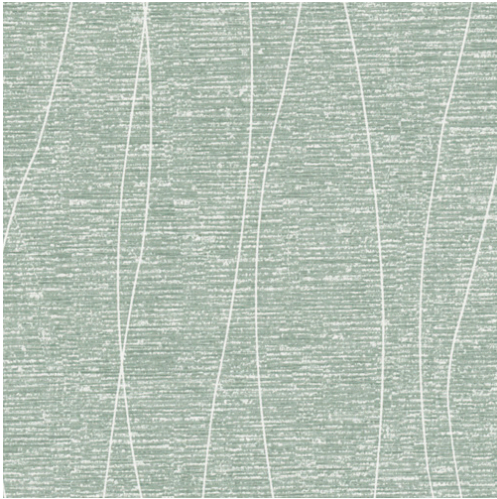
PURPOSE OF SPACE

The private therapy spaces are used to provide the adolescents with an open dialogue; offering advice, coping skills, and next steps on how to best improve their mental well-being. The private therapy room that features a desk belongs to the on-site therapist at Rounding the Corner. The other private therapy spaces do not have a desk. They act as open rooms that can be scheduled for use during specific time slots by social workers who need to speak privately with their child in child services.

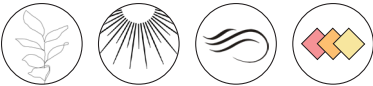
COLOR APPLICATION



In order to produce a calming atmosphere, soft blues and greens were implemented for their ability to relax (Avoleoo, 2014).



Aspects of biophilia are implemented throughout the private therapy spaces. First and foremost, there is a visual connection nature through the view out the window as well as the implementation of interior plants (Browning, 2014). Additionally, there is a connection to biomorphic forms through the use of curves within the wall coverings and rug. This also acts as an abstract connection to nature through material application. The use of color psychology was also leveraged in order to select soft green and blue materials that exude a sense of calmness.



GROUP THERAPY

Located on the second floor at the end of the hallway

PURPOSE OF SPACE

The group therapy space is used as a space where small group therapy sessions can be held bringing to the forefront the importance of an open dialogue and support from your peers.

COLOR APPLICATION



While most group therapy spaces found within case study research appeared to be pretty bland, bright colors were implemented into this group therapy space to create a more cheerful and uplifting environment. The color yellow specifically exudes positivity and optimism which so important in a setting of this kind (Avoleoo, 2014).



In order to allow this space to serve the needs of varying group sizes, the furniture specified needed to be flexible. So, all of the chairs and dry erase boards are on wheels allowing for everything to easily be moved around.

GAME ROOM

Located in the basement

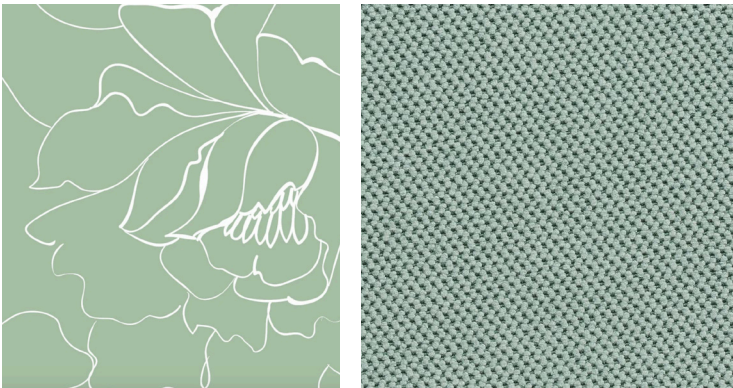
PURPOSE OF SPACE

The game room was designed to be a space where adolescents can relax and have fun. Within this space, they have access to a movie screen, board games, air hockey, a fooseball table and pin ball machines. “The Power of Ten” which focuses on placemaking for teens, emphasizes the importance of establishing frequent youth events within certain spaces to make them feel more “youth friendly”(Millard, 2015). This is exactly what the game room was designed for.

COLOR APPLICATION



The lounge side of the game room was designed to be more relaxing, featuring soothing green hues, whereas the areas where the table and arcade games were located was intended to feel more fun, energizing and uplifting. So, bright colors such as yellow, pink, and blue were used throughout bold patterns to create a fun and youthful environment.



The game room is divided into halves. On the first half of the space where you enter from the stairs, the room is more colorful and open, exhibiting a more playful energy. This was designed in order to emphasize the high energy users experience when playing the games.

CONCLUSION

Guiding principles to keep in mind

FINAL THOUGHTS

While Rounding the Corner is simply a conceptual design that cannot truly be physically experienced by adolescents, we can not verify that the space would in fact improve the mood and overall well-being of the individuals who inhabit the space. Of course, every individual would have their own back stories and a variety of factors that would influence how the space impacts them. However, due to the thorough research of architectural case studies implementing healing architecture, alongside medical studies proving the positive impact that color, light and biophilia can have on your mood and well-being, it can be assumed that this space would be successful in producing a “safe space” where the adolescents would feel comfortable coming to on a weekly basis. In order to truly validate the design decisions made, a post-occupancy evaluation of the space would need to be conducted in order to determine how the users of the space felt. The findings of this evaluation could then be used by other designers as a case study to keep in mind when designing for future projects of this kind.

RECOMMENDATIONS

If I were to recommend to future designers specific design elements to include within their designs when creating a community space similar to Rounding the Corner, I would suggest that they remember the 4 main elements listed within this research project. This includes color psychology, curvilinear forms, lighting and biophilia. All of these elements can be used in conjunction to make a more impactful space for the users. Color psychology can be used to specifically enhance the desired mood due to having linked associations between color and emotions (Przybyła, 2016) This could truly make an interior design more impactful.

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